



Beer Cheese Soup

READY IN



25 min.

SERVINGS



6

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beer
- ☐ 0.5 cup butter
- ☐ 0.5 cup celery finely chopped
- ☐ 3 cups chicken broth progresso® (from 32-oz carton)
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 1 cup milk
- ☐ 0.3 cup onion finely chopped
- ☐ 0.1 teaspoon pepper
- ☐ 1 lb sharp cheddar cheese shredded

☐ 1 cup baking mix original bisquick®

Equipment

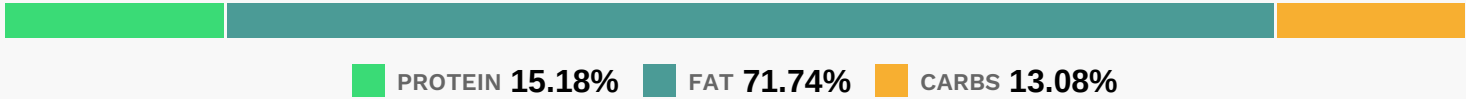
☐ bowl

☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, melt butter over medium heat.
- ☐ Add carrots, celery and onion; cook about 10 minutes, stirring occasionally, until crisp-tender.
- ☐ In large bowl, mix broth, Bisquick mix, pepper and red pepper until smooth. Gradually stir into vegetable mixture.
- ☐ Heat to boiling over medium heat, stirring occasionally. Boil and stir 1 minute.
- ☐ Stir in milk and cheese.
- ☐ Heat until cheese is melted. Stir in beer.

Nutrition Facts



Properties

Glycemic Index:38.08, Glycemic Load:1.69, Inflammation Score:-8, Nutrition Score:15.422608629517%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 574.04kcal (28.7%), Fat: 45.59g (70.14%), Saturated Fat: 19.25g (120.29%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 18.02g (6.55%), Sugar: 5.44g (6.05%), Cholesterol: 83.23mg (27.74%), Sodium: 1387.19mg (60.31%), Alcohol: 0.77g (100%), Alcohol %: 0.32% (100%), Protein: 21.7g (43.4%), Calcium: 636.61mg (63.66%),

Phosphorus: 520.26mg (52.03%), Selenium: 24.33µg (34.75%), Vitamin B2: 0.57mg (33.25%), Vitamin A: 1558.67IU (31.17%), Zinc: 3.17mg (21.13%), Vitamin B12: 1.15µg (19.09%), Vitamin B1: 0.19mg (12.82%), Folate: 46.59µg (11.65%), Magnesium: 34.94mg (8.74%), Vitamin E: 1.28mg (8.56%), Manganese: 0.16mg (7.81%), Vitamin B5: 0.7mg (7.05%), Vitamin B3: 1.39mg (6.96%), Potassium: 219.23mg (6.26%), Vitamin D: 0.9µg (6.01%), Vitamin B6: 0.12mg (5.91%), Vitamin K: 5.83µg (5.55%), Iron: 0.8mg (4.44%), Copper: 0.08mg (4.05%), Fiber: 0.69g (2.76%), Vitamin C: 0.88mg (1.07%)